

HOW TO WEAR A FACE MASK

**CDC recommends a face mask be worn when you are in public places.
Please continue adherence to social distancing and frequent hand washing.**

How to Put on a Face Mask

- Clean your hands with soap and water or an alcohol – based hand rub.
- Place the mask on your face (if you have a bendable edge, it should go over your nose).
- EAR LOOP Masks: - Bring ear loops around ears; pull bottom portion of mask under chin, then adjust bendable edge around bridge of nose till mask is snug.
- TIE Masks: Tie top strap above ears, hold on to mask at bridge of nose and pull mask under chin then tie bottom strap around neck. Adjust the bendable edge to fit snug against the nose.



While Wearing Your Mask

- Avoid touching your mask.
- Do not move your mask off your face, below your nose, under your chin or on your forehead.
- If you accidentally touch your mask on the part covering your nose and mouth, clean your hands immediately with alcohol-based rub or soap and water.



How to Remove Face Mask

- Clean your hands with an alcohol-based rub or using soap and water.
- Avoid touching the part of your mask that covers your mouth and nose.
- Remove by the ear loops or by untying straps.
- Avoid touching your eyes, mouth or nose while removing the mask.
- Clean your hands with an alcohol-based hand rub or with soap and water.

Care of Face Mask

- Avoid touching the part of your mask that covered your mouth and nose.
- If you are wearing a disposable mask, replace it once it becomes wet or soiled or at end of day.
- If you are wearing a cloth mask, wash the mask daily. Cloth mask can be laundered in a washing machine.

**Remember: A mask does not take the place of social distancing.
A mask is worn to protect others from you, not the other way around.**